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STAR TRAC
14410 MYFORD ROAD,
IRVINE, CA 92606 USA

STAR TRAC FITNESS™

SPINNER® BIKES

USER'S MANUAL

SPINNER® BLADE

SPINNER® NXT

SPINNER® NXT w/ SR

SPINNER® PRO

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INTRODUCTION

This manual will acquaint you with the assembly, operation and maintenance of your Spinner® indoor cycling bike.

This manual provides information and instructions for the following Spinner® indoor cycling bike models:

- 7060 Series - Spinner® V manufactured by STAR TRAC®
- 7070 Series - Spinner® Pro manufactured by STAR TRAC®
- 7080 Series - Spinner® Elite manufactured by STAR TRAC®
- 7090 Series - Spinner® NXT manufactured by STAR TRAC®

Be sure to read and follow the information and instructions for your specific model before assembly, using or servicing your indoor cycling bike.

WARNING

Your Spinner® indoor cycling bike is designed for aerobic exercise. Please check with your physician before beginning any exercise program. Do not push yourself to excess. Stop if you feel faint, dizzy or exhausted. Use common sense when exercising on the bike.

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Smart Release™ is a registered trademark of Nautilus, Inc.
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SAFETY INSTRUCTIONS

The following fitness safeguards and operating precautions are directed to purchasers and users of Spinner® indoor cycling bikes. Club Managers should ensure that members and fitness staff are trained to follow these same instructions. Failure to follow these safeguards may result in injury or serious health risk.

- Ensure that adjustment knobs (seat height, seat fore-and-aft, and handlebar) are properly secured and do not interfere with range of motion during exercise.
- Children under the age of 16 should not ride the Spinner bike. The bike mechanism and ergonomics are designed for adult use only.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the bike.
- The maximum weight for individuals riding the Spinner bike should not exceed 350 pounds (159 kilograms).
- Spinner bikes have a weighted flywheel and a fixed gear. This means that in order to stop, you must gradually slow your pedal strokes rather than stopping abruptly. If you do need to stop immediately, push down on the resistance knob. Do not dismount the bike or remove your feet from the pedals until both the pedals and the flywheel have stopped completely. Failure to comply may lead to loss of control and serious injury.
- After exercising, turn the resistance knob to increase resistance so the pedals will not rotate freely and potentially injure someone.
- If at any time you feel dizzy or have difficulty breathing, gradually stop pedaling and carefully dismount the bike.
- Listen to your body, ride at your own pace and set your bike's resistance at the level that feels right for you.
- Keep children and pets away from the bike whenever it's in use.
- Never turn the pedal crank arms by hand. Stay hydrated. Drink water throughout your ride as needed.
- Always keep some resistance on the flywheel.
- Stay in control by executing all core movements and hand positions at a slow pace before attempting to increase your speed. Do not attempt to ride the bike in a standing position at a high RPM until you have practiced at slower speeds.
- Focus on form, posture and making smooth transitions between movements.
- Do not use the bike without proper footwear. Never operate the bike with bare feet.
- Never remove your feet from the pedals while still in motion. Prevent your feet from coming out of the toe clip or shoe cage by keeping shoe laces tucked in and foot straps pulled snug around your shoe. If your foot does become disengaged, push down on the resistance knob to stop the flywheel's motion.

TESTING THE BIKE

Use this checklist to perform the bike test procedure.

- ☐ Recheck all the bolts and make sure they are all tightened to the proper torque specification and no parts are missing.
- ☐ Test the handlebar and seat post to make sure they move freely and you are able to lock in at different positions.
- ☐ Check the seat to make sure it is level and tight and does not rotate around or tilt. Tighten and adjust as needed.
- ☐ Test the seat slide for movement front to rear and check it by settings it at different settings.

CAUTION: The flywheel will continue to spin after you pedal and the crank arms and pedals will rotate with the flywheel.

Brake tension is adjustable using the red resistance knob in the front of the bike. Pressing down on the knob will apply the brake if you need to stop quickly.

- ☐ Adjust seat post and handlebar post to your needs (Refer to page 16-18). Ride / test the bike for proper operation according to the owner's manual.
- ☐ Pedal the bike at a moderate pace and test for proper and smooth resistance changes while varying the amount of turns on the resistance knob.
- ☐ When the testing is complete tip the bike forward using the handlebars and roll it on a smooth surface to the final location and adjust the leveling feet so the bike is stable.

INSTRUCTIONS FOR USE

Your Spinner® indoor cycling bike is easy to use. The bike allows the user full control over resistance by simply adjusting the brake pad. Typically, lower resistance levels enable you to pedal at a faster pace, placing increased demand on the cardiovascular system. Higher resistance levels will typically deliver a greater muscle/endurance workout at lower RPMs. RPM parameters in the Spinning® program range from 60 to 110 RPM.

Additionally, the bike offers seat and handlebar adjustments, allowing the bike to be configured to each user's comfort zone.

This section provides the instructions for making seat adjustments, handlebar adjustments, pedal strap adjustments, and for controlling resistance. Differences between models are noted where applicable.

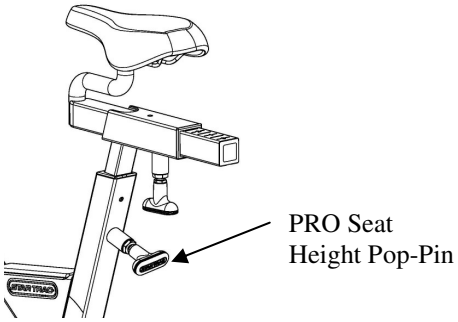
PLEASE NOTE: In a club setting, we recommend each user to initially be properly fitted on the bike by a certified Spinning® instructor.

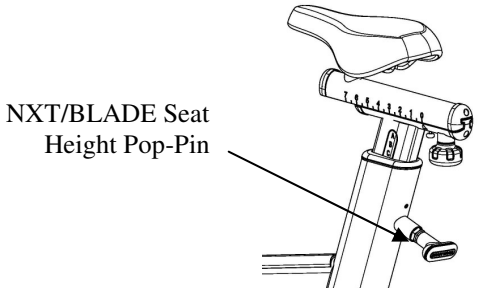
SEAT ADJUSTMENTS

Proper seat height helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury. Adjust the seat height so that the knee joint is slightly flexed when the extended leg is at the bottom of the pedal stroke. Once the proper height has been achieved, adjust the seat forward or back so that when the feet are in the 3 o'clock and 9 o'clock positions, the forward knee is directly over the pedal axle. Recheck the seat height again after making the fore/aft adjustment, as moving the seat forward and backward can have the same effect as moving it higher or lower

To adjust the seat height:

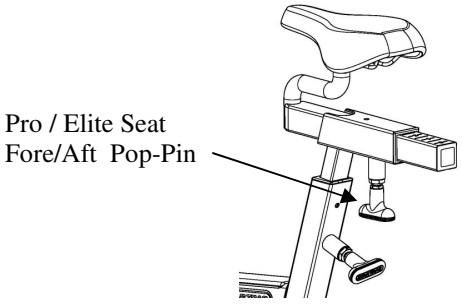
Spinner® Blade/NXT/Pro
Dismount the bike. Turn the seat height pop-pin counterclockwise and pull out on the pin to release it from its current preset location. Raise or lower the seat to the desired height, then gently release the pop-pin. Raise or lower the seat slightly, if necessary, until the pop-pin engages a preset hole. Turn the pop-pin clockwise to secure. Be sure to tighten firmly.

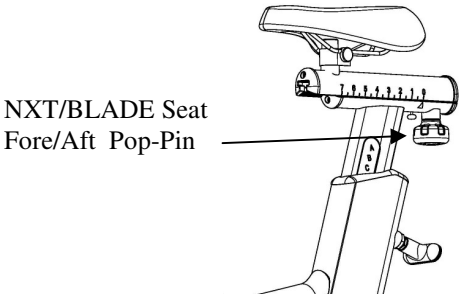




To adjust the seat horizontal position:

Spinner® Pro / Elite / NXT
Dismount the bike. Loosen the seat fore-and-aft tension knob by turning the knob counterclockwise. Move the seat forward or back to the desired position, then tighten the tension knob by turning clockwise.



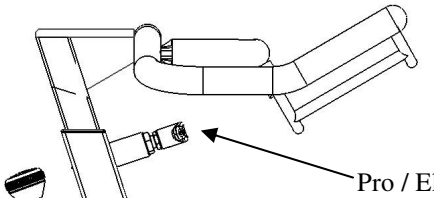


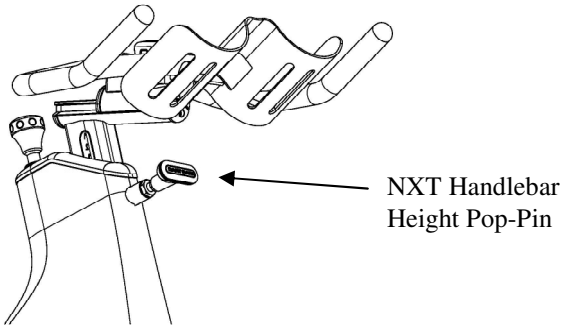
HANDLEBAR ADJUSTMENTS

Position the handlebar at the same height as your seat, or higher if you feel any discomfort in your back. All Spinner® indoor cycling bikes allow for adjustment of handlebar height. Additionally, the Spinner® V allows for fore and aft adjustment of the handlebar.

To adjust the handlebar height:

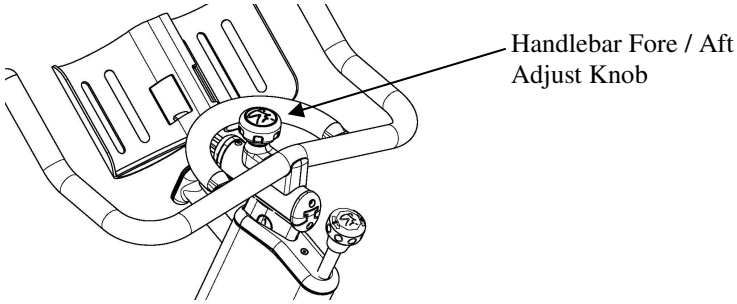
Spinner® Pro / NXT /BLADE
Turn the handlebar height pop-pin counterclockwise and pull out on the pin to release it from its current preset location. Raise or lower the handlebar to the desired height, then gently release the pop-pin. Raise or lower the handlebar slightly, if necessary, until the pop-pin engages a preset hole. Turn the pop-pin clockwise to secure.





To adjust the handlebar fore / aft for the Spinner® NXT / BLADE:

Loosen the handlebar fore-and-aft adjust knob by turning the knob counterclockwise. Move the handlebar forward or back to the desired position, then tighten the tension handle by turning clockwise. Be sure to tighten the handle firmly.

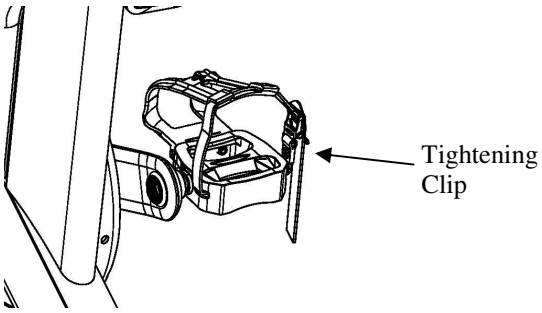


PEDAL STRAP ADJUSTMENT

To adjust the pedal straps:

Place the balls of your feet securely in the toe cages, with the ball of the foot (or the widest part of your shoe) over the center of the pedals. As you pedal, concentrate on keeping feet flat, which enables a more powerful pedal stroke. The front of the shoe may not completely fill the toe cage.

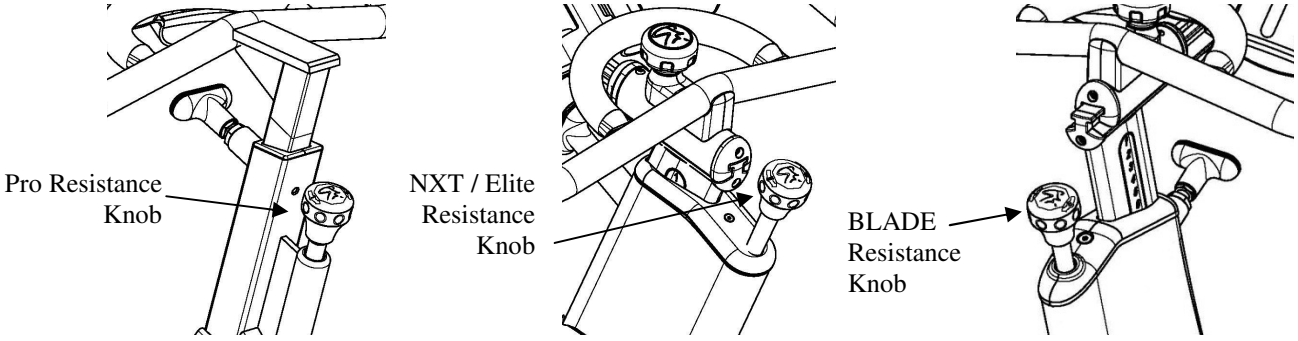
Note: The pedal straps should be adjusted to hold the foot snugly in the pedal.



RESISTANCE CONTROL

Pedaling resistance is controlled by the resistance knob. Resistance adjustments can be made while riding to vary the intensity of your workout. To increase resistance, turn the Push Brake System knob clockwise (+); to decrease resistance, turn the knob counterclockwise (-).

NOTE: In case of emergency, you may press directly down on the Push Brake System knob to bring the flywheel to an abrupt stop.



SMART RELEASE™ SYSTEM

Spinner® Elite ONLY

Allows the benefits of the direct drive system with a safety clutch to release the crank from the direct drive when a force is applied to the pedals.

Refer to appropriate section of this manual for Clutch Adjustment Procedures.

TRAINING INFORMATION

This section provides hints on how to stay motivated, and suggestions for getting the most out of your workouts with maximum ease, efficiency and enjoyment.

IMPORTANT: User should be aware of the features, functions and proper operation of the bike ***before*** using the bike for the first time.

BEFORE BEGINNING

Be sure the seat, handlebar and pedal straps are properly adjusted for your body size and comfort before beginning your workout. Consult your physician before beginning this or any other exercise routine. Discontinue any exercise that causes you discomfort and consult a medical expert.
(Refer to page 21-22 for more information.)

WARM-UP

Once you are in position and sitting on the bike with your hands in a comfortable position on the handlebar, slowly begin pedaling. A gradual warm-up prepares the muscles and cardiovascular system for a more intense workout, and helps prevent potential injuries from occurring. Your warm-up should be sufficient once your breathing rate begins to increase and you begin to perspire lightly. The warm-up period should last about five minutes.
(Refer to pages 23-24 for more information.)

WORK OUT

A brisk and rhythmic workout will train the muscles and cardiovascular system to perform at a higher efficiency. The key is to exercise aerobically; typically at 60% – 75% of your maximum heart rate.
(Refer to pages 25 for more information.)

COOL-DOWN

Slow and relaxed activity after a workout allows the muscles and cardiovascular system to gradually return to an inactive state.

DISMOUNTING THE BIKE

WARNING: The flywheel momentum of the bike will keep the pedals turning even after the user stops pedaling, or in the event the user's feet slip off the pedals. DO NOT DISMOUNT THE BIKE OR REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE STOPPED COMPLETELY. Failure to comply may lead to loss of control and serious personal injury.

You may stop the bike using any of the following methods:

- Pedal more slowly until the pedals come to a complete stop.
- Increase the resistance by turning the Push Brake System knob clockwise (+) until the pedals come to a complete stop.
- Push down on the Push Brake System knob until the pedals come to a complete stop.
- **(Spinner® NXT with SR only)** Apply back pressure to the pedals to engage the Smart Release™ system. Continue applying pressure until the pedals and flywheel come to a complete stop.

BIKE SETUP

Proper bike setup gives you a more comfortable ride and reduces your risk of injury.

SEAT FORE-AND-AFT POP-PIN

SEAT HEIGHT POP-PIN

SEAT HEIGHT

At the proper height, there should be a slight bend in your knee when you're at the bottom of a pedal stroke.

FORE/AFT POSITION

Once the proper height has been achieved, adjust the seat forward or back so that when the feet are in the 3 o'clock and 9 o'clock positions, the forward knee is directly over the pedal axle. Recheck the seat height again after making the fore/aft adjustment, as moving the seat forward and backward can have the same effect as moving it higher or lower.

HANDLEBAR HEIGHT

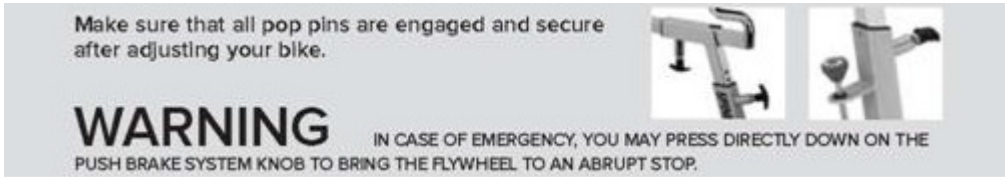
Position the handlebar at the same height as your seat, or higher if you feel any discomfort in your back.

FOOT POSITION

Place the balls of your feet securely in the toe cages, with the ball of the foot (or the widest part of your shoe) over the center of the pedals. As you pedal, concentrate on keeping feet flat, which enables a more powerful pedal stroke. The front of the shoe may not completely fill the toe cage.

RESISTANCE CONTROL

Pedaling resistance is controlled by the Push Brake System knob located below the handlebar. Resistance adjustments can be made while riding to vary the intensity of your workout. To increase resistance, turn the Push Brake System knob clockwise (+); to decrease resistance, turn the knob counterclockwise (-).


Make sure that all pop pins are engaged and secure after adjusting your bike.
WARNING
IN CASE OF EMERGENCY, YOU MAY PRESS DIRECTLY DOWN ON THE PUSH BRAKE SYSTEM KNOB TO BRING THE FLYWHEEL TO AN ABRUPT STOP.

HAND POSITIONS

The Spinning® program is a simple and effective way to get the fitness results you want. Following are the three hand positions used in the Spinning® program.

HAND POSITION 1 can be used for warm-up, cool-down and light to moderate intensity seated flats. Form loose fists and rest the outsides of your hands on the handlebars. Keep your elbows and shoulders relaxed.

HAND POSITION 2 is used at all times except out-of-the-saddle climbs. This position provides a stable foundation and opens the lungs to facilitate breathing.

HAND POSITION 3 is only used for out-of-the-saddle climbs. Lightly grasp the ends of the handlebars, wrap your fingers around them and place your thumbs over the ends.

RIDING POSITIONS

Here's an overview of the core movements that form the foundation of the Spinning® program.

SEATED FLAT (HAND POSITION 1 OR 2) This basic movement builds strength and stamina.

SEATED CLIMB (HAND POSITION 2) This movement tones and strengthens the gluteals and hamstrings.

STANDING FLAT/RUNNING (HAND POSITION 2) This movement is performed out-of-the-saddle using light to moderate resistance. "Running" develops core strength and increases endurance.

STANDING CLIMB (HAND POSITION 3) This out-of-the-saddle climb incorporates high resistance to strengthen and define the legs.

JUMPS (HAND POSITION 2) Jumps are performed by moving off and on the saddle with smooth, controlled movements. Jumps develop overall strength, hone reaction time and improve balance.

STRETCHING

Stretching will help prevent injury and soreness. It keeps the lower back and leg muscles flexible, which enhances physical performance and reduces strain. Below are some key stretches to incorporate at the beginning and end of your workout. You should stretch slowly to the point where mild discomfort is felt in the muscle being stretched. Practice deep breathing through the nose at all times. Do not bounce during the stretch, since this may result in injury. The following streches should be performed off the bike.

HAMSTRINGS

1 Place one foot on the bike between the handlebars and the seat, and find a position where your balance on your supporting leg is stable.
2 Slightly bend your supporting leg.
3 Square your hips so both hip bones “face” forward.
4 As you exhale, bend forward from your hips and bring your straight torso toward your straight leg.
5 Relax and breathe as you stretch. Switch legs after 30-60 seconds.

QUADS

1 Hold onto the bike with one hand, using the bike for balance.
2 Grasp the top of your foot or ankle with your free hand and bring your heel as close to the buttocks as possible.
3 As you exhale, pull your abdominals in and tuck your hips underneath you.
4 Hold the stretch and breathe. Switch legs after 30-60 seconds.

CALVES

1 Standing directly behind the Spinner®, place the sole of one foot against the bottom of the frame, heel down.
2 Stand erect and lean slightly into the bike until you feel a stretch in your calf muscles.
3 Hold the stretch and breathe. Switch legs after 30–60 seconds.

HIP FLEXORS

1 Assume a lunge position.
2 Place back knee on a towel.
3 Make sure front knee is directly over the foot and ankle.
4 Hands may be placed comfortably on the front thigh.
5 Abdominals are in and hips tucked under.
6 Hold the stretch and breathe. Switch legs after 30-60 seconds.

LOWER BACK

1 Start in an all-fours position with your knees hip-width apart, and hands shoulder-width apart.
2 Align your hands under your shoulders and your knees under your hips.
3 Point your fingers forward, being careful not to lock or hyperextend your elbows.
4 Gently round your back and lengthen your spine and shoulders.
5 Allow your chin to drop slightly lower than a neutral position.
6 Feel the stretch throughout the curve of your spine.
7 Hold the stretch and breathe for 30 seconds.

GLUTES

1 Stand facing the bike about 2-3 feet away and place a hand on handlebar for stability.
2 Stand on one leg and rest the other foot above the knee of your standing leg.
3 Flex the knee of your standing leg and allow your hips to sink back.
4 Feel the stretch in the glutes area of the crossed leg.
5 Hold the stretch and breathe for 30-60 seconds.

OUTER HIP

1 Stand facing the bike about 2-3 feet away and place a hand on the bike for stability.
2 Stand on the outside leg (farthest from the bike) and cross the other foot in front of your ankle.
3 Support most of your weight on the outside leg.
4 Push hip of supporting leg to the side and allow the other hip to drop slightly.
5 Stretch should be felt along the length of the iliotibial band of supporting leg.
6 Hold the stretch and breathe for 30-60 seconds.

HEART RATE GUIDELINES

Every ride begins with a goal—and heart rate training is an unbeatable way to achieve it. The Spinning® program's Energy Zone™ system promotes a sound and complete approach to fitness by addressing strength, endurance and recovery. Use the chart below to determine your ideal heart rate for each Energy Zone™.

For additional heart rate training guidelines or to purchase a heart rate monitor visit spinning.com.

Energy Zone Heart Rate Chart					
Age	Recovery 50%-65%	Endurance 65%-75%	Strength 75%-85%	Intrerval 65%-92%	Race Day 80%-92%
20-23	100-129	125-149	149-168	129-182	160-182
24-27	98-126	126-146	146-165	126-178	155-178
28-31	96-123	123-143	143-162	123-175	153-175
32-35	94-120	120-140	140-159	120-172	150-172
36-39	92-118	118-137	137-155	118-168	146-168
40-43	90-116	116-134	134-151	116-164	143-164
44-47	88-113	113-131	131-148	113-161	140-162
48-51	86-110	110-128	128-145	110-157	137-157
52-55	84-108	108-125	125-141	108-153	133-153
56-60	82-105	105-122	122-139	105-150	131-150

RECOVERY ENERGY ZONE™ (50%-65% of MAXIMUM HEART RATE (MHR)) Recovery rides allow your body to heal, prevent burnout and reduce the risk of injury— making them an essential component of any exercise program.

ENDURANCE ENERGY ZONE™ (65%-75% of MHR) Endurance rides build strength and stamina by maintaining a steady heart rate and a comfortable pace over an extended period of time.

STRENGTH ENERGY ZONE™ (75%-85% of MHR) This zone improves cardiovascular fitness and builds strength by blending increased resistance with longer distances.

INTERVAL ENERGY ZONE™ (65%-92% of MHR) Interval training teaches your body to recover quickly after performing at peak levels by incorporating bursts of speed and power with periods of recovery.

RACE DAY ENERGY ZONE™ (80-92% of MHR) This energy zone is the ultimate challenge and an unbeatable way to test your fitness and measure your progress.

MAINTENANCE

This section provides the procedures to maintain the Spinner® indoor cycling bikes in serviceable condition. Differences between models are noted where applicable.

MOVING AND LEVELING

To move the bike to a new location:

Lift the bike from the rear and use the front wheels (located on the front leg, below the handlebar) to roll the bike from one location to another.

To level the bike:

Use the four leveling adjusters (located on the underside of the front and rear legs) to compensate for uneven floor surfaces.

PREVENTIVE MAINTENANCE

Perform regular scheduled preventive maintenance procedures to maintain your Spinner® indoor cycling bike in serviceable condition.

Note: *Star Trac strongly recommends replacing the pedals after two years of use.*

TOOLS

Tools required for service and maintenance of your Spinner® indoor cycling bike are listed below.

Tool	Purpose
Pedal Wrench, 15mm*	Remove and install pedals.
Shimano-compatible Bottom Bracket Tool*	Remove, install and adjust the bottom bracket. (Spinner® V)
Cotterless Crank Puller*	Remove crank.
Metric Allen Wrench Set and Metric Socket, 2mm ~ 6mm	Install and adjust leg bolts, chain tensioner, brake pad and crank bolts.
Crescent (adjustable) Wrench	Adjust chain tension.
Torque Wrench	Adjust crank arm.

* Available at local bike or fitness-related stores.

DAILY MAINTENANCE

The service life of your Spinner® indoor cycling bike will be determined by how consistently you perform the daily maintenance procedures. Dry the Spinner® indoor cycling bike after each use to remove sweat and moisture. It is best to use a liquid non-abrasive cleaner and water solution.

Wipe Down / Cleaning

To prevent the build-up of rust and other forms of corrosion, wipe down the bike at the end of each day (or preferably at the end of each class). Raise all posts to the highest setting to expose moisture. Using an absorbent cloth, focus on all areas that perspiration can settle. Give particular attention to the following areas:

- Handlebar
- Seat / adjustable slide for the seat
- Flywheel
- Back leg assembly
- Chain guard
- Brake knob and bolt assembly
- Pop-pins
- Leveling feet

NOTE: Never use abrasive cleaning liquids or petroleum-based solvents when wiping down the bike.
NOTE: Release all tension from the resistance knob after each use to allow for perspiration to evaporate. If bikes are used in a class setting, the instructor may direct class participants to release all tension for the resistance knob after each use.

Inspection / Adjustment

Inspect major moving parts that require constant proper torque. Loose or misadjusted parts can result in personal injury or damage to the bike. Check the following parts for security and/or proper torque.

Crank arms
The crank arms should be re-torqued after the first 10 hours of use and every 100 hours of operation, thereafter. The crank arm to the bottom bracket torque is 30 lbs-ft (± 3 lbs-ft).

Pedals
Use a pedal wrench. Verify that the pedal is not cross-threaded.

IMPORTANT: If your facility allows members to interchange pedals, it is critical that the pedals are checked after each class to prevent damage, which may lead to injuries if ignored.

Water bottle (Spinner® V)
Tighten down assembly screws.

NOTE: Water bottle cages are easily damaged when oversized bottles are forced to fit within the bottle cage. Checking and tightening the screws will help prevent damage.

WEEKLY MAINTENANCE

Weekly maintenance should focus on the overall performance of the Spinner® indoor cycling bike. During these inspections, look for vibration and possible loose assemblies.

Have an experienced rider ride each bike to identify and help diagnose any vibration, noises, and any "unusual" feeling from the drive chain. Either faulty flywheel alignment or a loose chain can cause vibration.

- Check for proper flywheel alignment. Torque flywheel nuts as necessary.
- Remove chain guard and check for loose chain. Adjust chain as necessary (refer to "Chain Adjustment" on pages 23-24).
- Inspect The Bottom Bracket Assembly (BBA). The BBA will come loose periodically and require tightening. Loose play (left and right motion) indicates the BBA needs adjusting. **(Spinner® V)**

Inspect each bike for loose assemblies, parts, bolts and nuts. Give particular attention to the following:

- Tighten all frame base hardware.
- Tighten all pull pin handles.
- Tighten seat hardware.
- Tighten pedal toe clip / toe straps.
- Inspect and tighten tension knob assembly.

MONTHLY MAINTENANCE

The monthly maintenance check should be a comprehensive inspection of the overall frame and main assembly components of the Spinner® indoor cycling bike.

Inspection

Inspect the frame and main assembly components for rust or corrosion. Tilt the bike or place in an upside down position to locate areas where rust and corrosion may develop. Use a small, wire brush to remove rust build-up in small crevasses, such as leveling feet, pop pin handles and other bolt assemblies. Give particular attention to the following areas:

- Leveling feet
- Pop pin handles

Inspect all wear items for adjustments or possible part replacement. Give particular attention to the following:

- Inspect brake pad for wear. Excessive wear, such as glazing or leather separation, indicates replacement is required.
- Inspect seat pad for wear. Rips, tears or excessive movement indicates replacement is required.
- Inspect pedals for play. Excessive movement of pedals indicates replacement is required.

ADJUSTMENTS

CHAIN TENSION & ADJUSTMENT

The chain on your bike has been factory set and lubricated. It should not require adjustment initially. Over time, however, you may need to adjust the tension.

CAUTION: Improper chain adjustment will cause premature wear and may void the warranty.

To adjust chain on Spinner® Pro / Elite / NXT:

1. Using a small screw driver, pry off the Flywheel Axle nut Access Cap.

2. Using a 18mm socket and socket wrench, loosen the axle nuts on both sides of the flywheel.

3. Using a 10mm open end wrench, loosen the lock nuts on the chain adjustment screws.

4. To tighten the chain, turn the adjustment screw in a clockwise rotation equally on both sides using the 10mm open end wrench.

5. To loosen the chain, turn the adjustment screws on both sides counter-clockwise using a 10mm open end wrench.

6. While adjusting the chain tension, work on both sides of the flywheel. Adjust the angle of the flywheel so it is straight front to rear and evenly spaced within the frame side to side.

7. Align the chain so it runs straight on both of the sprockets.

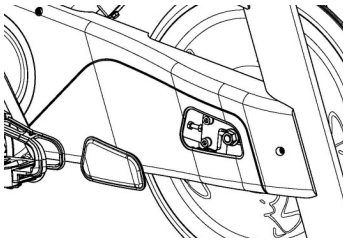
8. Adjust the angle of the flywheel by adjusting the adjustment screws on both sides of the flywheel. Test by slowly rotating the pedals.

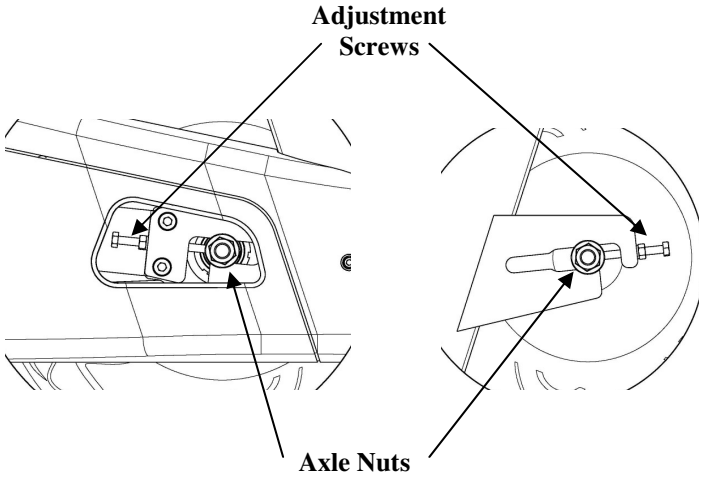
Note:

- If the chain is stretched beyond adjustment, the replacement of the chain is recommended. Proceed to "Chain Replacement" for further instructions.
- When alignment is at the optimal adjustment, the chain will run smoother and quieter.

9. Tighten the adjustment lock nuts and axle nuts on both sides.

10. Install the chain guard shroud and re-test the bike.





CLUTCH ADJUSTMENT (NXT SR Only)

1. Using a 3mm Allen Wrench, remove the three screws supporting the plastic chain guard shroud.

2. Using a 3mm Allen Wrench, remove the four screws supporting the COG guard cover. (Figure 7)

3. If the torque is not 45 ~ 50 ft-lbs. using a 5 mm Allen Wrench, give each of the set screws a little clockwise turn. A "little turn" is about 10 degrees. (Figure 8A & 8B)

Note:

- Be sure and turn all 5 set screws so they have equal pressure to obtain the proper adjustment. Recheck the torque for different positions around the clutch. If it is still not 45 ~ 50 ft-lbs, repeat the procedure.
- **The goal is to make all the set screws have the same pressure on the clutch.**

4. Test the clutch system for proper operation for normal riding use. Observe all safety practices.

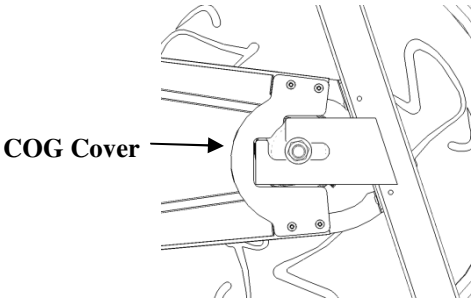


Figure 7.

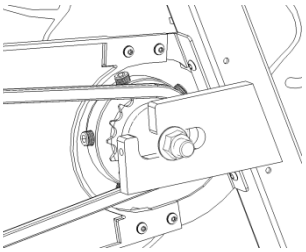


Figure 8A.

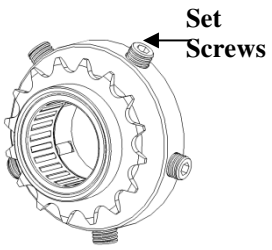


Figure 8B.

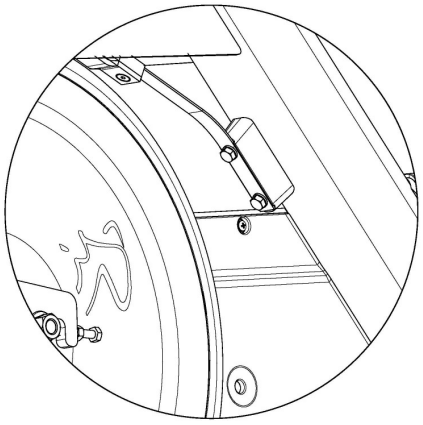
PARTS REPLACEMENT

BRAKE PAD REPLACEMENT

Removal

1. Remove tension from the brake pad by turning the Brake System Resistance knob counterclockwise, until completely loose.

2. Using a 10mm Socket Wrench, remove the two bolts supporting the brake pad onto the frame.



Installation

1. Carefully re-install the two bolts through the brake pad bracket onto the frame. Tighten by using a 10mm Socket Wrench.

CHAIN REPLACEMENT

CAUTION! : DO NOT GET YOUR FINGERS CAUGHT IN THE CHAIN OR SPROCKETS FOR IT MAY CAUSE SEVERE INJURY!

Note: Install only Star Trac approved replacement chain. Only a certified Star Trac® technician should perform the following:

1. Remove the chain guard by unscrewing the chain guards screws.
2. Apply tension to the brake knob by turning it all the way clockwise so the flywheel does not turn.
3. Using the 19mm socket and socket wrench, loosen the axle nuts on both sides of the flywheel.
4. Using the 10mm open end wrench, loosen the lock nuts on the chain adjustment screws.
5. Loosen the adjustment screw to allow the slack in the chain.
6. Using a chain break tool, cut the chain open and remove the chain from the bike.
7. Put the new chain on the front sprocket and over the crank arm.
8. Lift chain up onto the rear large sprocket and slowly turn the crank arm until the chain wraps around the sprocket.
9. Proceed to “Chain Adjustment” section (Page 18) for proper adjusting the chain tension properly.

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